What is claimed is:

1. An antisense oligonucleotide or analog thereof comprising 10 or more contiguous bases or base analogs from the sequence of bases of sequence A, B, C, D, E, F, G, H, I, J, K, L, or M of Figure 1.

2. An antisense oligonucleotide or analog thereof comprising a sequence having 90% of greater identity to sequence A, B, C, D, E, F, G, H, I, J, K, L, or M of Figure 1.

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3. An antisense oligonucleotide or analog thereof comprising nucleotide sequence A, B, C, D, E, F, G, H, I, J, K, L, or M of Figure 1.

4. The antisense oligonucleotide of claim 3, wherein the nucleotide sequence comprises nucleotide sequence A, A', B, C, C', D, E, E', F, G, G', H, H', I, I', J, K, K', L, L', M, or M' of Figures 2A and 2B.

5. The antisense oligonucleotide of claim 3, wherein the oligonucleotide is conjugated to a peptide.

6. The antisense oligonucleotide of claim 3, wherein the oligonucleotide is encapsulated in a liposome or nanoparticle.

7. The antisense oligonucleotide of claim 3, wherein the phosphate backbone comprises phosphorothioate bonds.

8. The antisense oligonucleotide of claim 3, wherein the backbone is bonded to one or more lipid substituents.

9. The antisense oligonucleotide of claim 3, wherein

one or more of the oligonucleotide's sugars contain an -OMe group at their 2' position.

10. The antisense oligonucleotide of claim 3, wherein the phosphate backbone consists essentially of phosphorothioate bonds.

11. The antisense oligonucleotide of claim 7, wherein the phosphorothioate is stereo regular.

12. The antisense oligonucleotide of claim 3, wherein the oligonucleotide is linked to an intercalating agent, a cross-linker, an endonuclease, a lipophilic carrier, an alkylating agent, a coordination complex, or a peptide conjugate, or a combination thereeof

13. The antisense oligonucleotide of claim 3, wherein the oligonucleotide is modified to reduce its ionic charge or increase its hydrophobicity.

14. The antisense oligonucleotide of claim 13, wherein the oligonucleotide comprises one or more short chain alkyl structures that replace some of the oligonucleotide's phosphodiester bonds.

15. The antisense oligonucleotide of claim 13, wherein the oligonucleotide is linked to one or more cholesteryl moieties.

16. The antisense oligonucleotide of claim 3, wherein the oligonucleotide comprises one or more bases with a C-5 propynyl pyrimidine modification.

17. A method of treating cancer, comprising introducing into a tumor cell an effective amount of the antisense oligonucleotide of claim 16, thereby reducing the levels of bcl-2 protein produced and

treating cancer.

18. The method of claim 17, wherein the cancer is epithelial cancer.

19. The method of claim 18, wherein the epithelial cancer is prostate cancer.

20. The method of claim 18, wherein the epithelial cancer is lung cancer.

21. The method of claim 18, wherein the epithelial cancer is bladder cancer.

22. The method of claim 17, wherein the introducing comprises using a lipid as a delivery agent.

23. The method of claim 17, wherein the introducing comprises using porphyrin or lipofectin as a delivery agent.

24. The method of claim 17, wherein the effective amount is between 0.1 μM and 10 μM.

25. The method of claim 17, wherein the effective amount is between 0.1 μM and 4 μM.

26. The method of claim 17, wherein the effective amount is between 0.4 μM and 1 μM.

27. A method of treating cancer, comprising introducing into a tumor cell an effective amount of the antisense oligonucleotide of claim 3, thereby reducing the levels of bcl-xL protein produced and treating cancer.

28. The method of claim 27, wherein the cancer is epithelial cancer.

29. The method of claim 28, wherein the epithelial cancer is prostate cancer.

30. The method of claim 28, wherein the epithelial cancer is lung cancer.

31. The method of claim 28, wherein the epithelial cancer is bladder cancer.

32. The method of claim 27, wherein the introducing comprises using a lipid as a delivery agent.

33. The method of claim 27, wherein the introducing comprises using porphyrin or lipofectin as a delivery agent.

34. The method of claim 27, wherein the effective amount is between 0.1 μM and 10 μM.

35. The method of claim 27, wherein the effective amount is between 0.1 μM and 4 μM.

36. The method of claim 27, wherein the effective amount is between 0.4 μM and 1 μM.

37. A method of promoting the regression of vascular lesions, comprising introducing into a vascular cell an amount of the antisense oligonucleotide of claim 3 effective to reduce the levels of bcl-xL protein produced, thereby promoting the regression of vascular lesions.

38. The method of claim 37, wherein the introducing comprises using a lipid as a delivery agent.

39. The method of claim 37, wherein the introducing comprises using porphyrin or lipofectin as a delivery agent.

40. The method of claim 37, wherein the effective amount is between 0.1 μM and 4 μM.

41. The method of claim 37, wherein the effective amount is between 0.4 μM and 1 μM.

42. A pharmaceutical composition comprising an effective amount of the antisense oligonucleotide or analog thereof of claim 3 and a pharmaceutically acceptable carrier.

43. The pharmaceutical composition of claim 42, wherein the effective amount is between 0.1 μM and 10 μM.

44. The pharmaceutical composition of claim 42, wherein the effective amount is between 0.1 μM and 4 μM.

45. The pharmaceutical composition of claim 42, wherein the effective amount is between 0.4 μM and 1 μM.

46. The pharmaceutical composition of claim 42, wherein the oligonucleotide is encapsulated in a liposome or nanoparticle.

47. The pharmaceutical composition of claim 42, wherein the pharmaceutical composition comprises tetra meso-(4-methylpyridyl)porphine or tetra meso-(anilinium)porphine or a combination thereof.